## Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

## **Listing of Claims:**

Claims 1-69 (cancelled).

- 70. (Currently amended) A method for the selection and preparation of an effective antisense oligonucleotide for a nucleic acid comprising the steps of
  - designing an antisense oligonucleotide corresponding to a target nucleic acid
     sequence, such that
    - a) the antisense oligonucleotide comprises at least 8 nucleic acid residues,
    - the antisense oligonucleotide comprises a maximum of twelve elements, each
      being A Nucleotide
      of the twelve elements being capable of forming three hydrogen bonds to
      cytosine bases,
    - c) the antisense oligonucleotide does not contain four or more consecutive elements within the target nucleic acid sequence,
    - d) the antisense oligonucleotide does not contain two or more series of three consecutive elements within the target nucleic acid sequence, and